

Bushwalking NSW

PO Box 904, Darlinghurst NSW 1300 P: (02) 9565 4005 E:: admin@bushwalkingnsw.org.au

www.bushwalkingnsw.org.au  <https://www.facebook.com/bushwalkingnsw>  @BushwalkingNSW

You are invited to the Bushwalking NSW
November General Meeting Keynote Presentations:

Bushwalking 101 & Naturally Accessible



Photo: Hannah Moody

To be presented by Matt McClelland & Helen Smith

On *Tuesday 15 November, 2016*

Matt and Helen are two familiar faces you've probably seen before at various Bushwalking NSW events. Matt is the owner of Wildwalks and has published 4 books. Helen is a Sydney Uni Bushwalker, and more recently has begun to explore the concept of bushwalking in a wheelchair.

Matt and Helen run the Bushwalking program at the National Parks Association of NSW and will tell you more about two new projects they've been working on.

Bushwalking101 For a beginner, going bush is a very daunting task: what shoes to wear, how much water, how to read a map. Bushwalking101.org is a website all about helping people better settle into bushwalking. It's everything from how to tie your shoelaces, through to collecting water in remote places. Although parts of Bushwalking101 is tailored to NPA members, the majority of content is useful for any bushwalkers, be them club members or people out there with friends and family. We'll give you a quick overview of all the material, show you a few teasers and leave you to look at more of this in your spare time. Please share and enjoy!



Naturally Accessible NSW is unique in that about half of the area around our cities is green space. Many people in our community gain health benefits from being active in these natural places, but what about people with mobility restrictions and our ageing population? How can we help more people spend time in the greener half of their community? Traditionally, accessibility has been addressed with expensive infrastructure. The outcome is that many accessible bushwalks in NSW take less than 5 minutes to complete. Yet we know that NSW has an amazing network tracks that are accessible 'naturally', and that some older people and PWD are using these now. We want to share this information to help more people enjoy natural places.



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AGENDA

BUSHWALKING NSW GENERAL MEETING Tuesday 15 November, 2016

To be held at Redfern Town Hall Small Hall - 73 Pitt Street, Redfern.
Official proceedings to commence at 7:30pm

- 7:00 Meet and greet – refreshments provided
- 7:30 Welcome and introduction - President (Alex Allchin)
- 7:35 Acceptance of Minutes of General Meeting of 17th May 2016
- 7:40 Keynote speakers – Matt McClelland & Helen Smith, NPA of NSW:**

Bushwalking 101 & Naturally Accessible



- 8:20 **Bushwalking NSW Risk Management Guidelines** published
- 8:30 First presentation of future special resolutions to amend the constitution:
Friends of Bushwalking NSW - scheduled for February, 2017 General Meeting
- 8:40 Update from clubs
- 9pm Close and give-aways

We also look forward to seeing you at the following Bushwalking NSW General Meeting:

7pm Tuesday 21 February, 2017

For our keynote presentation:

How bushwalkers can prepare for rescue operations

To be presented by Greg Kirk, Special Ambulance Rescue Team Paramedic

Save the date now! 7pm Tuesday 21 February, 2017